Casco Bay Weekly

DO SOMETHING ABOUT IT

OUR VOLUNTEER ISSUE
How You Can Make Portland A Better Place In The New Year
SALE!

January 4 - January 21
Most items 20% off.

Very Special Flowers for 1996!

RISK, FALL, SUCCEED

ALL WINTER GEAR

A better looking smile in 3 weeks... guaranteed!

DECIDE, EXPLORE, RISK, FALL, GET UP, FAIL, SUCCEED

~ AT YOUR OWN PACE.

Swedishborg Church

302 Stevens Ave, Portland
772-8277

Sunday, 11 am

Caravan Beads®

Caravan Beads® stores are also located in Chicago and Wilmington, NC.

If you have never tried beading, how is what our customers say? "It's fun, creative, therapeutic, relaxing, and a great way to make personal gifts for friends and family."

(The children say, "I want to work here!")
It's their choice

PROP's Choices program matches teenage girls with mentors who understand

LORE MILLER

Twice a week, Julie Coffin, a 33-year-old USM student, spends five hours with two teenage girls from the Sagamore Village housing project in Portland. They go roller-skating, window-shopping and on the movies. They also spend a lot of time together.

A real friendship is growing between these girls and Coffin, who is involved with middle school girls this age because of experiences she had working with doctors when troubled teens come for help. She says kids in trouble need and want help. But they often do not get help they need.

Coffin, 33, says kids need understanding, love and consistency to help them in times of need.

The Chinese Monitoring Program is one of the projects that are the result of the Portland-based organization's success in providing opportunities and support to the Portland area.

The Girls' Mentoring Program, now in its fifth year, is designed to make a positive impact on the lives of girls in the Target area.

Choices works with up to four different girls per week, and each mentor spends two hours per week with each girl.

For some girls, choosing the right mentor can be a difficult task. Some girls may need help navigating the choices they face, while others may be looking for a way to express their feelings.

Once a mentor is selected, the program focuses on helping the girls with their personal development in areas such as decision-making, time management, and healthy relationships.

The program is a safe space for girls to explore their thoughts and feelings, and to feel supported as they navigate their personal and social lives.

The mentors are also there to help girls understand that they are not alone and that they have a community to rely on. They encourage the girls to take control of their lives and to make choices that will have a positive impact on their future.

Choices' approach is to help girls become empowered and confident in their decision-making processes. By providing support, guidance, and role models, the program helps girls develop the skills they need to make informed choices and to achieve their goals.

The program is open to any girl in the Portland area who is looking for mentorship and support. It is a confidential and non-judgmental environment where girls can feel safe and supported.

One of the most important aspects of the program is the mentorship, which allows girls to connect with someone who understands them and who can provide guidance and advice. The mentors are volunteers who are trained to provide support and to help girls develop the skills they need to succeed.

The program's success is evident in the progress made by the girls who have participated. Many of them have reported feeling more confident and empowered after working with their mentors, and have shared stories of personal growth and development.

During the past year, Choices has served over 300 girls, and has helped them make positive choices that have had a significant impact on their lives.

The program is continuously expanding, with a goal of serving even more girls in the upcoming year. Choices is always looking for new mentors and volunteers to join the program, and welcomes anyone interested in making a positive difference in the lives of Portland girls.

For more information, visit the Choices website at choices.portland.org or contact them at 207-775-3100.
As the year company into the next century. The person who has planned changes in the business world.

Once an agreement is signed, mediator, you and your spouse can tackle issues negotiating solutions can guide you and your spouse loward an approach to...
Do something about it.  
Don’t just complain about the world’s misery. Volunteer to make things better.

Health and Healing

Adult Rehabilitation Center, Salvation Army

70 Preble St, Portland

Volunteers are needed to help with laundry and medical supplies management, and to lead the small group prayer sessions. Volunteers work two days a week, Monday through Thursday, from 9:00 a.m. to 3:00 p.m.

Volunteers must be 50 years old and have a good driving record. Every volunteer must complete a one-hour orientation session to learn about the program and the center’s mission.

Contact: Curtis Peltier at 774-0230.

Evodia House, Catholic Charities Maine

79 Allen Ave, Portland

Volunteers are needed to help with daily activities and to assist with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Karen Hatcher at 774-0977.

Mercy Hospital

144 State St, Portland

Volunteers are needed to assist with medical supply distribution, patient care, and escorting patients. Volunteers must be 18 years old and must have a valid driver’s license.

Volunteers must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

New England Rehabilitation Hospital

13 Charter St, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

965 Congress St, Portland

Volunteers are needed to assist with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

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Contact: Jennifer Dumin at 774-0036.

Fort William Park, P.O. Box 204, Cape Elizabeth

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Hospice of Maine

P.O. Box 1278, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Greater Portland Habitat for Humanity

501 John St, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Elm Street Rehabilitation Services

317 Essex St, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Greater Portland Center for Children

314 Bigelow Ave, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Catholic Charities Maine

425 Congress St, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Eastern Maine Community College

135 College St, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Elderly

Senior Center

154 Broadway, Portland

Volunteers are needed to help with the center’s mission.

Volunteers must be 18 years old and must complete a volunteer training session. Each volunteer must complete an orientation session and must have a valid driver’s license.

Contact: Jennifer Dumin at 774-0036.

Volunteer Information:

All volunteers are required to complete a volunteer training session, which includes an orientation session and a background check. Volunteers must be at least 18 years old and must have a valid driver’s license.

For more information, please contact Jennifer Dumin at 774-0036.
Home makers
Habits for Humanity makes a place for people to live

When First Congregational Church and the Quaker Church merged, they got one less parish to support. But, by working together, they have been able to create a place that has helped several people find a home.

Exceptional Salmon, a resident of the new space, said she feels more at home here than she ever has before. "I feel like I'm part of a family," she said. "I feel like I belong here.

The space was created through a collaboration between the two churches, who donated their resources to make it possible. The project has been a great success, and it has helped to bring people together.

The new space is located at 123 Maple St. in Portland, and it is open to anyone who needs a place to live. The staff at the church are happy to help anyone who needs a place to stay.

If you are interested in helping out, please contact the church at 287-1234.

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If you wear out your body... Where are you going to live?

If you are interested in learning more about the new space, please contact the staff at the church.

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New Donors
$20

New Year's Day donation with coupon $10)

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In short, this is the easiest thing you ever heard of... I get cash for a good deed. $130 a month. $1350 cash a year, all mine. Donating plasma, I sit back in a soft lounge chair, read, study, talk, or just dream, in a place filled with friends. 60 min. later I'm up and away, smiling, cash in hand.

Come In...that's easy!

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 Resolve to help others in the New Year

Youth Council, Portland

846-6100
76 Main Street, Yarmouth

The art of making a difference in the lives of others is something that is never easy. But, with determination and dedication, it is possible. We encourage you to resolve to help others in the New Year, and to make a difference in the lives of those around you.

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Red Shield

400 S. Portland

LUTHERAN

125 Forest Ave, Portland

(207) 775-8200

OTHER WAYS TO HELP

1. Take your donation to your local food bank.
2. You can also donate money online.
3. You can also donate food or clothing.

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Plastic Surgery Center of Maine introduces:

**ULTRA VN**

**LASER AESTHETIC SURGERY**

Many surgeons use lasers nowadays because this technology is quickly accepted by the general public. Many surgeons use laser technology nowadays because it is becoming more and more popular.

One of the main advantages of using lasers is that they can be used to perform a wide variety of procedures. This includes everything from minor procedures such as removing moles and scars to major procedures such as facelifts and breast reductions.

Lasers are also very versatile, which means they can be used in different ways to achieve different results. For example, lasers can be used to remove tattoos, stretch marks, and birthmarks, as well as to treat skin disorders such as acne and eczema.

Lasers are also very safe when used correctly. They can be used to perform minimally invasive procedures, which means they do not require large incisions or hospital stays. This makes them an attractive option for people who want to avoid surgery but still want to improve their appearance.

Lasers are also very effective at cutting and coagulating tissue, which makes them a popular choice for cosmetic surgeons.

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Among them. And rebellious or disillusioned or beyond setting a good example (or the young people Adults have to start taking responsibility for a medium soda to see the movie had it not been for

SOLUTIONS

| Week of January 2, 1996 | Page 28 |

Just an oversight

Well, I never. It was not an editorial oversight. Mr. Don thought to in

As chill I do the freezing wanted of winter, I have done

I do the Transure of giving of summer. One first was a child, I was loved

I had the name over time as to find a few in years. I have written,

And rebellious or disillusioned or beyond setting a good example (or the young people Adults have to start taking responsibility for for a medium soda to see the movie had it not been for

I remarked when the

IT OUT

Today's teenagers aren't any more

If your president was a crook.

So as repellent a segment of American history as Dick Nixon's

And as repellent a segment of American history as Dick Nixon's

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Plaid, as usual

What is it with "Plaider," anyway? The show—a musical pastiche of early 30s movie group that parodies in a sophomore mockery returns to stage again—that kind of takes some unusual places.

Twenty-four frame second

Photographers & movies at PMA's "Moving Pictures" marathon

By NICHOLAS FURLONG

A century and half ago, when photography was the first medium, prominent in the minds were pauses to project that large camera—canvas contrastion things like buildings and movements and even looking—seem like a distant memory. In the 120 years, it took on a new life. "Moving Pictures," the marathon of the American Society of Cinematographers, is on display.

Movies have always been an important part of American history. The new show takes a look at the world of cinema, from the early silent films to modern day digital cinema.

The show features over 100 films, including classics like "The Birth of a Nation," "Citizen Kane," and "Casablanca." Visitors can see the evolution of film technology and the creative processes of filmmakers.

In addition to the films, there are also interactive stations where visitors can learn about the art of filmmaking and participate in hands-on activities.

"Moving Pictures" is open to the public from January 16 to February 26 at the Portland Museum of Art. Admission is free to all visitors.

For more information, visit http://movingpictures.pma.com.
Babe the aerobics instructor with a dorky bachelor and a soul-searching grandparent. He is vying for the attention of a young man, who is also a postmaster. The tension comes to a boiling point when Sabrina tries to find the source of a nasty virus. The underground karaoke and poetry events are full of energy and expression. Stories are shared in various venues, such as the Stable, with live jazz, and the Legendary Unknowns with R&B/soul. The Underground Big Bob's Dance Night is a fun event with liquid daydreams and red light revue. The Red Light Revue at 9 pm is a highlight of the week. The underground karaoke and poetry events are full of energy and expression. Stories are shared in various venues, such as the Stable, with live jazz, and the Legendary Unknowns with R&B/soul. The Underground Big Bob's Dance Night is a fun event with liquid daydreams and red light revue. The Red Light Revue at 9 pm is a highlight of the week.
**Listings**

**Concerts**

**sunday 7**

- **In Festival of Stories and Stills**: The Cathedral of the Incarnation holds a celebration of stories and images in the life of a child. The event features readings by Portland poets Christopher MacGowan and William O'Driscoll, as well as a performance by the Portland Children's Chorus. Details at 10:30 a.m. $5 adults, $2 kids. 774-3392.

- **International Invites** featuring the Portland Dance Company. The company performs an eclectic mix of classical and contemporary dance, including pieces by renowned choreographers such as Merce Cunningham and Paul Taylor. Details at 7:30 p.m. Tickets $10 in advance, $12 at the door. 775-6684.

**tuesday 9**

- **Male Performers Needed** for the Portland Dance Company's production of "From Inside, From Outside." Experience not necessary. 879-0480.

- **Skiing** at Beech Ridge Farm. Details at 7:30 p.m. Tickets $10. 775-4981.

- **Winter Sale** at L.L. Bean. Details at 7:30 p.m. 774-0465.

**upcoming**

- **L.L. Bean winter sale**. Details at 7:30 p.m. 774-0465.

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**stage**

**dance**

- **"A Festive"** presented by the Portland Dance Company. The performance features a variety of contemporary and classical works. Details at 7:30 p.m. Tickets $20. 774-0465.

- **"The Snow Queen"** presented by the Portland Children's Chorus. The performance features a variety of classical and contemporary works. Details at 7:30 p.m. Tickets $15. 774-0465.

- **Winter Sale** at L.L. Bean. Details at 7:30 p.m. 774-0465.

**ski**

- **Skiing** at Beech Ridge Farm. Details at 7:30 p.m. Tickets $10. 775-4981.

- **Winter Sale** at L.L. Bean. Details at 7:30 p.m. 774-0465.
calendar

**thursday 4**

Lukewarm love. "Windrush Roadrunner" is a middle-aged daughter who meets her every year with which she tries to get into the scene. "A MOPS FROM THE LAND." This year she makes the trip with — with a hundreds of thousands of her age-mates. December 4, 12-7 at The Music Box, 681 Washington Ave. Free admission. For reservations, call 772-4380.

**friday 5**

Staffing gigs. In the midst of snow-hardened prospects the suburbs while the film of Betsy's Matthew Booth have gone Portland Theater Haiku to 1000 QUESTIONS in this house. If it's too cold, a hundred eight kids will split off at 9. 15. The show will be at Portland Dance Company, 801 Fore St., at 7 p.m. for $3. If that's not your speed, try "Freedom Hill" at 7 p.m. at Williams College, the entry fee is up to 11. 11:13:10.

**saturday 6**

Holiday weekend. There's the "Mustache" — a concept of the Portland Ballet and the Maine State Ballet, and from their "Baby Blues: "THE WRECKCRACKER," presented by "Kids Feet" Dance Company in the spirit of "Mama's "Wreckcracker" show. "The final word" you won't get in height as well as height. "The Wreckcracker" features Paul Westerberg in the role of "Free," and 110 acts of all ages, shapes, and sizes. The Nowakie happen to light on her feet and the Sperm Flankey January 2nd, so check. Check with you under "Free," 15 Boyer St., at 7 p.m. for $3. (520-2463)

**sunday 7**

Elementary, my dear. Two memories are now: that's what you found in the Catherine McAleer, Linfield's "DANGER — GIRLS WORLDS." The story takes place in the floating house where a woman bing their sons. The house also happens to be a hotel to a precious stone思维方式. When the diamond turns up missing, accusations fly. "Where's Man faces his Mrs. White with the evidence in the story. Wheresimple is the story, but there's a twist. You have to stop on your chessing out and lead the dastardly Seattle Performing Arts Center, 

**monday 8**

Fist note: There aren't many gigs you can't get in today, but there may be a few. It's the holidays, and many moody scenes show the night before. "FREE FROM HUM" THERES. That's right — when you become Hispanic, you get all the benefits of Hispanic. The Portland Author Day Foundation (by making it possible to pirating the $100 for the month of Janus) will be at The Music Box, 801 Fore St., at 7 p.m. for $3 (students: 672-0100)

**tuesday 9**

Windsor takes PORTLAND SYMPHONY to the new year with a bang — first on a string, then on a roll. The show is at 8 p.m., and the PDC has taken a turn for the hilar, with 250,000 spectators, generations of music inspired composition by Christopher.
Central Maine Brewing Company in 1981. His brewing career began when he apprenticed himself to Peter Austin, whom he describes as "father of the current microbrewery movement in Europe," at the Ringwood Brewery in Hampshire, England. In 1980 he came to Portland to join David Geary at his microbrewery, the Giraffe New England. Pugsley, later hired Richard Pugsley and Ed Lindeman from Great McKay, in 1985 he designed a brewery and developed recipes for Kennebunkport Brewing Company.

When the company expanded and formed Squirrel Morgan's Brewing Company in Portland in 1989, Pugsley signed as an ingredient subcontractor and brewer. He said, "In the book the most fascinating, comprehensive compilation of information about famous, infamous and just plain quirky beer lore and legend published to date."

What's brewing in the world of local beer? How are Maine craft brewers thinking about famous, infamous and just plain quirky beer lore and legend published to date. Pugsley's answer is to "explore the root beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, beer, bee
Looking For A New Oil Company?

Try C.N. Brown Company with Red Shield Heating Oil

We're changing and here's our Mission:

To provide more Maine Jobs for Maine People!
To Encourage and use our Employee's Best Ideas!
(We also know how!)
To Strive for 100% Customer Satisfaction!
To Always provide Quality Products like our Premium Red Shield Heating Oil!

Understand the needs of our Senior Citizens with an extra discount!

Call us to try us, then let us know how we did!

C.N. Brown Company
815 Russellfield Trail
North Windham ME 04266

(366) 805-5665

AVEDA
Professional hair and beauty salon

Picture Yourself
Image of Relaxation Center
411 Congress St, Portland 773-4457

Clean Cut
East West & Larae

a popular name, a long-time trusted salon, and a variety of services for all hair types. From classic cuts to modern trends, we offer a range of services tailored to your needs.

Merry Night Every Monday from 4-6 pm
Ruche Yourself in before you rush into the day and take advantage of our special deals and promotional treatments.

Bay Harbor
RESTAURANT

The stuff from Diamond's Edge Restaurant would like to THANK YOU for making 1995 a very successful season. We look forward to seeing you in 1996.

We would also like to invite you to visit our newest location at Bay Harbor Restaurant (formerly known as Channel Crossing) at 231 Front St., Saco, Portland, ME 04072. Our new location offers fine dining, a stunning function room, and a glorious view of the harbor and Portland. Serving lunch & dinner. Stop in on by!

A Better Point of View
Maine's Friendliest Mountain

Learn-to-Ski-3

Enjoy 3 days of Learn-to-Ski/Snowboard or Telemark. For just $50 Get 3 days of 112-hour Group Lessons, Rental Equipment and Mini-Skyline Lift Tickets. You pick the 3 days you want to ski during the 1995-96 season. This Learn-to-Ski program is for ages 4 and older, snowboarders ages 11 and older. Also includes 1-3 Events and the Skifair for $50.

Rehab Institute of Southern MaineAg
d"Portland Sports-Peoria, IL-Kuchar's Outdoors Program" www the love of skiing is a lifetime.

Rte. 26 • Locke Mills • Maine

We know Fibromyalgia pain.

Fibromyalgia FREE Forum
10AM - 3PM
Saturday, January 19
Sponsoring: Maine's Rehabilitation Centers/Advantage HEALTH

Get to Know Fibromyalgia
Fibromyalgia is a chronic condition causing fatigue and widespread pain. If you know someone you know have been diagnosed with fibromyalgia, or have questions about this whole-body-related disease, you should attend this free event. Admission is limited, so register now.

Weponsored by: Maine's Rehabilitation Centers/Advantage HEALTH

The team that knows pain.

smartS

Appaloosa Center for Arts, Community and the Arts, 507 S. Portland Ave, Portland, offers a variety of classes, lectures, and special events for all ages. More info: 207-780-2120 or www.appaloosaarts.org

Outdoors


The 11 Brown Street Restaurant

NOW OPEN
Lunch and Dinner 11:30 am til close

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THE JANUARY ISSUE

Homes of the American Institute of Architects 1995 Biennial Computer Know-How The Japonisme

HOME SHOW

IMPROVEMENTS • REMODELING • REAL ESTATE

Friday 4-9PM • Saturday 10AM-9PM • Sunday 10AM-5PM
January 19, 20, 21, 1996
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Cumberland County Civic Center

Over 120 Exhibits in:

- Home Improvements & Remodeling
- Interior Designing and Accessories
- New & Exciting Kitchen Displays
- Floors for every taste
- Real estate for every home buyer
- Door Prize Giveaway Portland Pirates at Sea Dog tickets Planet Pizza dinner and drink meets everyone.

Fun for the Whole Family:

- Enjoy our very own Central Park with bandstand, drawing tables, park benches
- And the amazing Van Dine entertaining young and old with his magic skills
- The Amazing Van Dine will entertain young and old with his magic skills

Presents Sponsor:

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Maine Times

Fighting for a Better World

The January Issue
**BEST OF Portland**

**BEST PEOPLE**
- Best unique here
- Best TV personality
- Best radio DJ
- Best bartender
- Best host
- Best visual artist
- Biggest loudmouth
- Local publication you trust most
- Local personality with most interesting hair
- Most effective DJ group

**BEST FOOD & DRINK**
- Best breakfast joint
- Best lunch for $5 or less
- Best dinner restaurant if you're down to your last $10
- Best diner restaurant if money's no object
- Best new restaurant (opened after 3/1/95)
- Best free noon as happy hour
- Best sidewalk cafe
- Best bakery
- Best bistro
- Best Maine microbrew
- Best pizza
- Best pub
- Best chili
- Best bagels
- Best part store
- Best chocolate chip cookie
- Best vegetables stand
- Best chowder

**BEST ENTERTAINMENT**
- Best all year '95
- Best OH! Pub bar
- Best neighborhood bar
- Best local band
- Best live music
- Best radio stations
- Best place to rent a video
- Best theatrical productions
- Best place to play pool
- Best place to play darts
- Best place to dance
- Best used bookstores
- Best tape/CD store
- Best movie theater
- Best place for a free date
- Best spot for people-watching
- Best pub/dive
- Best sports experience

**READER'S CHOICE**
- Did you think of something we overlooked? Here's your chance to create your own categories and answers

**BEST SERVICES**
- Best bank
- Best bounce house
- Best hairdresser
- Best unique gift
- Best salon
- Best shoemaker
- Best jeweler
- Best place to get a haircut
- Best hairdressing store
- Best corner store
- Best toy store
- Best florist
- Most honest garage
- Best upscale Hangar
- Worth twice taxpayers' money

**BEST PLACES**
- Best place to get picked up by someone up
- Hippiest place to be seen
- Best health club
- Best business
- Best place for a romantic dinner
- Best place to kill an hour
- Best Portland neighborhood
- Best place for a weekend getaway
- Best beach
- Best place to get married
- Best place to send out-of-town guests
- Best place to slack
- Best place to walk your dog
- Best company to work for

**NEW YEAR'S RESOLUTIONS**
- Enhance company communications
- Improve customer support
- Expand market reach

**COPY PRINT STATION**

**Get the Prints You Always Wanted!**

Create custom prints from prints, negatives, or slides! Who says machinery can't be fun?

- **Zoom**
- **Color**
- **Elminate red eye**
- **Make color & density correction corrections**
- **Color or Black & White**
- **Choose your photo paper & create custom borders**
- **Create different package (towelettes, 2x3, 4x6)**
- **Tinted, quality, sharp, clear, with vibrant color**
- **Available in choice of sizes**
- **This new service is fast and affordable**

Copy prints now available in 8 x 12

**The way to print machine you can be proud of.**

**Casco Bay Weekly**

**MAIL OR DROP OFF BALLOT**

**Best of Portland** Casco Bay Weekly 561 Congress Street Portland, ME 04101

**Contact us with other great ideas at service@me.com**

**ME WAYNE CURTIS**

**WEBSITE**

**be me best of cyberspace 1995**

**Best self-promotion** Rob Dylan is well known around Portland as a legendary art dealer and proprietor of the upscale "Bluebird Saloon". He's just as well known for his former "friend" the late pro-wrestler Rattles Allen who's got upset with the since-deceased lincoln and Rufe Kazem. "I see a cue to this," said Allen, "and I'm gonna make this very clear."

While he had a full day with it, the story went on for about an hour in a very dark room.

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HELP SAVE A TREES PASS THIS ON TO A FRIEND

How to place your FREE personal ad with Personal Call:

• Fill out the coupon and call 1-900-370-2041. Personal Call, Box 1238, Portland, OR 97207, 311-775-1234. If using phone, please be ready to read your ad over to ad receiver. Be sure to check off the category you would like your ad in. Each ad is for 25 words. If your ad is longer than 25 words, we will only run the first 25 words. If you want to pay for the rest of your ad, you can do so by calling 1-900-370-2041.

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Category Options:

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- Women for Women
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- Other

To respond to any personal ad, call:
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Category Options:

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- Women for Men
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Resolve to start the New Year off with a new romance. Place a free personal ad today, and look forward to sharing the New Year's Eve with someone special!

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